

# Culinary Skills for A+ School Meals

Sponsored by the Indiana Department of Education  
School and Community Nutrition

Throughout 2023, join us for free, interactive culinary education for all K-12 school nutrition professionals. Virtual training from 1:00 pm to 2:15 pm ET, featuring live chef demonstrations of practical recipes, efficient techniques and important nutritional insights. Choose from 20 topics to enhance your culinary skills and learn tips and tricks from the pros. Each class earns **1.25 CEUs** and includes great giveaways and plenty of time to ask questions!

Contact Cathy Powers with questions: [powers.catharine@gmail.com](mailto:powers.catharine@gmail.com).

**Click the links below to for more information about specific classes and to register.**

## Your Trainers

Cathy Powers, MS, RDN, LD  
Chef Samantha Gasbarro



## January / February / March : Breakfast

Tuesday, Jan 31: Egg Cooking Basics

Thursday, Feb 2: Savory Breakfast Sandwiches

Tuesday, Feb 7: Reducing Sugar in Breakfast

Thursday, Feb 28: Practically Perfect Parfaits

Tuesday, March 2: Whole Grains at Breakfast



## April : USDA Foods

Tuesday, April 4: USDA Foods - Chicken

Thursday, April 6: USDA Foods - Beans

Tuesday, April 25: USDA Foods - Vegetables

Thursday, April 27: USDA Foods - Frozen Fruits



## May : Menu Trends

Tuesday, May 2: Plant Forward Meals

Thursday, May 4: Seasoning Foods for Increased Flavor

Tuesday, May 16: Global Influences I

Thursday, May 18: Global Influences II



## September : Knife Skills

Tuesday, September 19: Knife Skills Basics

Thursday, September 21: Knife Skills - Cutting Fruits

Tuesday, September 26: Knife Skills - Vegetables



## October / November : Vegetable Cooking

Tuesday, October 3: Delicious Roasted Vegetables

Thursday, October 5: Perfect Steamed Vegetables

Tuesday, October 31: Chilled Vegetable Side Salads

Thursday, November 2: Main Course Salads